

A photograph of a bowl of food served in a coconut shell. The bowl contains a yellowish, textured food item, possibly a rice cake or a similar traditional dish, garnished with green herbs. The bowl is placed on a dark, textured surface. A large teal circle is overlaid on the center of the image, containing the text 'BOWL FOOD' and the 'ejcatering' logo.

BOWL FOOD



We are always looking for innovative ways to serve our menus.

Bowl Food is the fashionable way to eat lots of small dishes exploring flavours and styles and not getting stuck on a table next to someone you have nothing left to talk about! Mingling guests and moving waitresses with a selection of exciting dishes. Please read below a mixture of canapé and bowl foods, spreading the grazing over the whole evening plus a few items for picking at. It covers all the bases so get stuck in!

LET'S GET STARTED WITH CANAPES

Cockle and bacon tartlets

Risotto and Caerphilly crispy balls

Roasted cherry tomato tartlets in parmesan pastry flower cups

Plump prune and Carmarthen ham skewers

Local asparagus tips with hollandaise

NIBBLES

Homemade lemon and cumin hummus with griddled flat breads

Halen Mon spiced nuts

Mixed vegetable wedges with sea salt and aioli

TURNING IT UP WITH LITTLE BOWLS

Tempura prawns cones on shredded Chinese leaves with a lime & almond dressing

Pork & olive meatballs on creamy garlic polenta

Summer pea and saffron risotto with scrolls of parmesan

Salt and chilli squid

Bbq chicken nuggets with ranch dressing

Wee butcher's bangers sausages with sage and onion mash, apple sauce & onion jus.

Falafel pitta pockets filled with minted couscous, fresh yoghurt and harissa sauce

Fresh Pesto linguini

Chorizo and chestnut mushrooms in red wine

Pork and wild mushroom stroganoff

Spiced lamb and couscous salad

*Sirloin of Welsh beef with hot Roast beetroot and horseradish salad

Free range chicken, leek and ham pie

SALAD BAR

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Buffalo Mozzarella and cherry vine tomato

Melon, chorizo and watercress salad

Wild rice and red onion with a walnut dressing

Mixed young green leafs with a sweet sherry vinaigrette

Greek salad

Feta, fennel and pomegranate salad

SWEET TREATS – IN YOUR HAND

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Irish coffee shots

Strawberry dipped in chocolate

Roquefort on homemade digestives with port and plum chutney

Sticky orange towers

Little lemon tartlets

Mini Pavlova filled with berries and vanilla cream

Dark chocolate and steam ginger truffles

Canapés £0.70p per item per guest

Bowl food £2.20 each *£2.70 each per item per guest

Salad bar £1.00 per item per guest

Nibbles £0.75p per item per guest

Sweets £1.20 per item per guest

Supervisor @ £12.00 per hour (min 4 hour shift)

Waiting Staff @ £10.00 per hour (min 4 hour shift)

No cutlery and crockery required for this menu

All prices are exclusive of VAT

Treat yourself to cocktails too – see our drinks menu.